

Orthodox Church in America + Diocese of Eastern Pennsylvania

Elevation of the Holy Cross
Orthodox Church
Williamsport, PA.



St. Gregory Palamas
2nd Sunday of Great Lent
March 8th, 2026

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: Hebrews 7:26-8:2; Hebrews 1:10-2:3

Gospel: St. John 10:9-16; St. Mark 2:1-12

A warm welcome to ALL this morning! Everyone is invited to join us for some fellowship after the Liturgy in the Parish Hall!

This Week at Holy Cross

+ Church is **open** on Tuesday morning from 7-9:30am for private prayer, quiet time and/or Confession. Kindly let Fr Seraphim know if you are coming for Confession.

+ ***9th Hour, Presanctified Liturgy, Lenten potluck*** – Wednesday March 11th * 5:30pm

+ ***9th Hour, Presanctified Liturgy, Lenten potluck*** – Friday March 13th * 5:30pm

+ ***Great Vespers*** – Saturday March 14th * 5pm

+ ***Hours, Divine Liturgy*** – **Sunday of the Precious Cross** March 15th * 9:40am

+ *If you have not already, please prepare to come for Confession during Lent. Please see Fr Seraphim to set up a day and time.*

** ***March Benevolence*** – St. Tikhon seminarian Rdr. John Barrett

Our Giving – March 1st, 2026

Tithes/Offerings - \$556.00 / Online Giving - \$251.00

Candle Offerings - \$210.00 / Benevolence - \$60.00

Thank you all for your generosity to Our Parish!

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by **fasting, prayer [i.e., *Prayers Before Communion*], recent confession, *are at peace with everyone***, and who were *at least present for the reading of the Epistle and Gospel* should approach to receive the Holy Eucharist. If you have any questions about Communion, please see Fr. Seraphim. 😊

† **2nd Sunday of Great Lent: St Gregory Palamas**

“This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second “Triumph of Orthodoxy.”

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory’s father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory’s mother and sisters also became monastics.

Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert

ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century Saint Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called “Hesychasm” (from the Greek “hesychia” meaning calm, silence), and those practicing it were called “hesychasts.”

Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words “To the heights! To the heights!” Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.” [\(oca.org\)](http://oca.org)

Prayers For the Health and Salvation of those in need: Many Years!

His Eminence Archbishop Alexander, Hieroschemamonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel (Kovalak), Archpriest George, Fr Dcn John Wesner, Mat. Myra (Kovalak), Pres. Eva (Koutroulelis), Catharine Mann, Paul Beard, Harry Hiras, Evelyn Chabal, Amelia Kuzmiak, Juliana Matusiak, Isaac Bannister, Michael Lazorchak, Brian Gunter, Elizabeth Larson, Joanna Bohlander, John Dykes, Alexis Gross, Mary Fish, John Sam, Innocent Sam, Chris Gehret, Bridget Youmans, Jennifer Updegrove, Stephanie Raptis, Steven Reynolds & those suffering from the wars and unrest in Ukraine, Russia, & the Middle East. ***Our Catechumens:*** Melissa Czock, Jiselle Macari, Spencer Leoutsakos, Benjamin Zachariah (Military), Garette, Morgan, Charlotte & Nathaniel Fallon, Rick Lucas, Dean Johnson, Jennifer Benick, Joseph Fazio, Dallas Compton, Jonathan, Madison (& child to be born), Felicity & Edmund Race, Mason Hall

Prayers for the Newly Departed: Memory Eternal

His Grace Bishop Seraphim (Sigrist) +2/7, Archimandrite Luke (Majoros) +2/12, Archpriest John Ealy +3/5 Monk Kyril (Yefimov) +3/1 and All those who have lost their lives in the wars & unrest in Ukraine, Russia, the Middle East and around the world.